



## MY DAILY ROUTINES



I usually wake up at 7 / 8 o'clock, except on Sundays when I like to sleep in. The first thing I do after getting up is have a bath / shower. After my shower I get dressed and have coffee / breakfast. I normally have milk / bread and cereal with a cup of coffee. When I have finished coffee / breakfast, I always clean my teeth. Most days, I leave the house at 7.45 / 10.45 and walk to the subway station, which is 20 / 2 minutes from my flat. I usually take the subway because it's quicker, but sometimes I catch the bus / train. From nine to five I work in hospital / an office. If I'm busy, I have a sandwich / toast at my desk for lunch, otherwise I go to the nearby book / coffee shop with a colleague. After sitting in front of a computer / TV screen for most of the day, I need to get some exercise, so after work I always go the gym / swimming pool. In the evening I like to relax by listening to some music with a glass of water / wine. I rarely go out during the week, but on Saturdays / Sundays I often go to the movies with my girlfriend. I usually go to bed at 10.30 / 10.00, but if I'm tired, I go to bed earlier. One thing I never do is to drink juice / coffee in the evening. It stops me from sleeping / eating!

Answer the questions in short form.

- 1) Does he get up at seven o' clock? \_\_\_\_\_
- 2) Does he have breakfast before getting dressed? \_\_\_\_\_
- 3) Does he drink milk in the mornings? \_\_\_\_\_
- 4) Does he catch the bus? \_\_\_\_\_
- 5) Does he work in a hospital? \_\_\_\_\_
- 6) Does he hardly never go to the gym? \_\_\_\_\_
- 7) Does he rarely drink wine? \_\_\_\_\_
- 8) Does he always go out during the week? \_\_\_\_\_

Read the questions and answer about you.

- 1) Do you get up at 8 o'clock? \_\_\_\_\_
- 2) Do you take a bath? \_\_\_\_\_
- 3) Do you go to school by bus? \_\_\_\_\_
- 4) Do you have lunch at the school cafeteria? \_\_\_\_\_
- 5) Do you do sports in the afternoons? \_\_\_\_\_